

K O B E

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Find a new lifestyle up in the mountains!



If you have any questions about ward office procedures, financial support for raising children, etc.

Call the Kobe International Community Center (KICC)!

☎ 078-742-8705 (11 languages)



↑ Tap here to visit the website!



Edited by: Kobe City International Division

Fresh, New Places for Work and Leisure

Mt. Rokko is easily accessible via the Rokko Cable Car. Its beautiful and quiet natural landscape is an ideal location for design, IT, and other creative work.

◆ ROKKONOMAD

A shared office space in the forest with accommodations. Including features such as meeting rooms and private cabins, it can be used for a wide range of purposes by companies and groups. Lodging options also available.



◆ 653cafe

A 1-min. walk from Rokko Cable Sanjo Station, this café boasts a view that stretches from Awaji Island to Wakayama. The backyard features green grass and a swing hanging from a large tree, and a special picnic menu is available for those who want to lay out a picnic mat.



◆ Mt. Rokko Distillery

Formerly the rest home facility for a pharmaceutical company, this whiskey distillery offers tours on Sundays (reservation required) and whiskey tastings.



◆ Rokko Outdoor Station Foton

This spot is like a forest hideaway. The 2nd floor is comprised of guest rooms, and the 1st floor has a café where hikers can relax, as well as an outdoor terrace for barbecues.



◆ Hotel Kobe Rokko Geihinkan

This accommodation facility has a restaurant with a full view of Kobe and Osaka, and it makes a great rest area for hikers.



[Details on facilities on Mt. Rokko! \(JP\) →](#)



COVID-19 Vaccine Information

4th-dose vaccinations will begin

The following people who completed their 3rd dose of the COVID-19 vaccine at least 5 months previous are eligible for a 4th dose.

- 1 People aged 60 and over (Vaccination voucher will arrive in the mail)
- 2 People 18-59 years old who have an underlying condition or whose doctor says they are at high risk of developing severe symptoms (Application required to receive the vaccination voucher (*))

You can receive either Pfizer or Moderna, regardless of which vaccine you had received in the first 3 doses.

*Details available in English!→



Services for help with Long COVID

“Long COVID” refers to the effects of COVID-19 that continue for 4 or more weeks after it is treated. If you have Long COVID, please do not hesitate to consult with these service desks.

- ◆ **Long COVID Consultation Hotline:** Please call this number if you think you have Long COVID. You can get a referral to a hospital or clinic.
☎ 078-322-6037 Sun. - Fri. (except holidays) 10 am - 5 pm
- ◆ **Mental Health Hotline:** If the COVID-19 pandemic has affected your mental health, please call this number.
☎ 078-371-1900 Mon. - Fri. 8:45 am - 5:15 pm (except 12 - 1 pm)
- ◆ **Post-COVID health screening:** After receiving treatment for COVID-19, you can receive a **free** health screening.
Appt: ☎ 078-262-1163 Mon. - Fri. 8:30 am - 5 pm
- ◆ **Self-rehabilitation program:** If you are experiencing muscle weakness, you can receive information about exercise you can do at home.
*Webpage will launch in August→
- ◆ **Fitness and risk improvement:** If you are experiencing muscle weakness, you can receive assistance with working to regain basic fitness at a gym once a week. (**Free**) (For ages 65 and over, or those with major health risks)



Get FREE Rubella Antibody Testing

Rubella has few obvious symptoms, so it is possible to be infected without realizing it, and you may risk the following:

- Accidentally passing it on to others
- If an expecting mother is infected early in her pregnancy, the infant may develop congenital rubella syndrome
- Adults can develop more severe symptoms than children

Get a rubella antibody test! If your results show that you do not have rubella antibodies, you can get a free vaccination!

Eligibility: Males born between April 2, 1962 - April 1, 1979. A voucher will be mailed out in August.

Deadline: Please get tested by February 2023

How to make an appointment: If you receive the vaccination voucher, contact a hospital or clinic directly to schedule an appointment.



Tap here for details! (JP) →

Watch Out for Deer!



The Japanese deer population has grown too high, and their numbers are affecting our way of life. When they peel bark from the trees in the forest and eat up the undergrowth, the beautiful Rokko mountains lose their greenery, and more landslides can occur. Deer will also consume crops, cause road accidents, and act as carriers for blood-sucking creatures like land leeches and ticks.

If you come across a deer, **do not approach or touch it, and leave the area quietly.** Then call the Wildlife Hotline (☎078-333-4408).

Sannomiya Library

Temporarily Relocates to KIITO



With the closure of the Worker's Hall building, the Sannomiya Library closed on June 30, and it will reopen in July 26 at its temporary new location on the second

floor of Design and Creative Center Kobe (KIITO).

Address: 1-4, Onohama-cho, Chuo-ku, Kobe

Hours: 10 am - 9 pm (Sun./Hol. 10 am - 6 pm)

Closed: Mondays (or the following weekday if it is a holiday)

Collection: About 70,000 books

Seating: 110 seats

Tap here for
details! (JP) →



Parent & Child “Pop In” Play Area Chuo opens in the Sannomiya city center

Filled with toys and picture books that are popular with toddlers, this space allows kids to play using their five senses, while also giving parents a chance to take a break and meet other parents. This facility just opened on July 19, and in the future there will soon be events and activities to foster creativity and sensitivity in children. Parents can also receive counseling and advice from staff who specialize in childrearing.

Eligibility: Children aged 0-2 years, and their parents/guardians

Hours: Weekdays 9 am - 5 pm (Reservation required)

Location: New Chuo Ward Office Bldg. 3F

(115 Higashimachi, Chuo-ku)



Make a
reservation
← (JP)



Heatstroke Prevention in the summer during COVID-19

When you're not going out as often in order to protect yourself from infection, you have fewer opportunities to move around and sweat, which can make it easier to develop heatstroke.

Prevention while Indoors



Keep the temperature at around 28°C (82°F)



Don't tough it out
Use A/C and electric fans



Block direct sunlight
Use curtains or bamboo screens/blinds

Prevention while Outdoors



Avoid direct sunlight



Try to acclimate to the heat
Sweating helps regulate body temperature



Cooling clothing
Wear clothes made of materials that are breathable and dry quickly, such as polyester

Mask-wearing

To prevent heatstroke in the summertime, you should take off your mask when it's not necessary.

Mask-wearing recommendations for elementary school-aged children to adults, based on distance:

Indoors	2 or more meters	Less than 2 meters
Talking	Wear a mask *You can take it off if there is sufficient ventilation and other measures are taken	Wear a mask
Not talking	Don't have to wear a mask	Wear a mask
Outdoors	2 or more meters	Less than 2 meters
Talking	Don't have to wear a mask	Wear a mask
Not talking	Don't have to wear a mask	Don't have to wear a mask